



State of New Hampshire Employee Wellness News

**December
2011**

Personal Health Record

Save Time, Money and Improve the Quality of Care you Receive

Have you ever found yourself sitting in a physician's office trying to recall the medications you're taking including the dosage and frequency, wishing you had them written down? Or how about what vaccinations you've had and when you had them? Many health care settings are transitioning to electronic medical records to make it easier and more efficient for your medical team to track and evaluate your care, but are you doing the same? You may have health information in lots of places—at home, or in doctor or hospital records. Personal health records (PHRs) are confidential, easy-to-use tools that can help you manage your health information. PHRs may be an easier way for you to keep all your health information—like doctor or hospital visits, allergies, shots, or a list of your medicines—in one place.

There are many types of PHRs, including an electronic version available to state employees, spouses and dependents enrolled in the State Health Benefit Program through Anthem *MyHealth Record*, available through WebMD. This PHR lets you securely gather, store, and manage information about your health in one place. You can store information about your medical conditions, doctor visits, medications, and share this securely with providers, caregivers, and family members to improve your overall quality of care. You can access *MyHealth Record* anywhere and anytime you have access to the Internet.

To access your Anthem *MyHealth Record*, log in at www.anthem.com, click the purple *Health and Wellness* column, scroll to the bottom of the page and click on *Start Your Health Record*. Having a PHR can help you provide more complete information to your health care providers or family members. With all of your health information in one place, you may be able to avoid unnecessary or duplicative procedures or tests. You may also be able to provide critical information about your health in a medical emergency. You can add personal information such as allergies to food and medications, health conditions, prescribed or over-the-counter medications you are taking, a list of your health care providers, and emergency contacts.

If you are not covered by the State Health Program with Anthem, WebMD offers *MyHealth Record* free to anyone at www.webmd.com/phr. If you do not have access to a computer and would like a blank PHR paper copy available through the Wellness Council of America sent to you, call 603-271-4103.

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We're on the web!
Visit
[Admin.state.nh.us/
wellness](http://Admin.state.nh.us/wellness)



National Health Observances

World AIDS Day
December 1st







Hand Washing Awareness



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December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 
4	5	6	7	8	9	10 
11 	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 



The sneakers on the calendar represent walking/running events posted on coolrunning.com

For other state events, check out visithn.gov healnh.org

Wellness Coordinator Corner

January Wellness Coordinator Training Session...SAVE THE DATE!

The Health Benefit Program Workgroup is busy working on topics and presenters for the January 12 training session. Presentations and discussion will focus on 2012 Wellness Strategic Goals, Agency Wellness Recognition Program, Tobacco Cessation, Heart Health, Colorectal Cancer Screening, Compass Procedures and a wellness activity.

November Diabetes Awareness Agency Activities

Transportation, Administrative Services, General Court, Safety—Conducting a survey for employee feedback on food service offerings in the cafeterias in the State House, Dept. of Transportation and Safety main buildings.

Walktober Initiative

Resources and Economic Development — Read the testimonial from The Walking DRED Walktober Team:

*"We began walking together on our lunch break and encouraging each other to walk a few extra miles after work and on weekends. We set out to reach the goal of walking 190 miles (length of the State) and by the end of November our group had walked a total of **244.8 miles**, well beyond our goal. While walking together during lunch we frequently discussed the positive effects that our walk had during our sometimes stressful workdays. We all saw the many benefits of walking first hand. Thanks for launching this initiative. I think our group will continue to get together and walk at lunch time whenever weather permits."*



Worksite Wellness Resources

Employee Assistance Program

Respect in the Workplace—This 3-session program (1 hour each) is designed to help a work group improve the quality of their work environment via development of a Code Of Respect. It is a step-by-step process, facilitated by EAP, whereby input from the work group results in a set of agreements that define respectful behavior for that workplace.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact EAP at 603-271-4336

Northeast Delta Dental

Taking Control of your Oral and Whole Body Health—Whole mouth health is closely linked to whole body health. Because of this, there are many factors that can contribute to the development of dental disease in you or your child. Visit <http://deltadental.tmg33.com/riskassessment/index.html> to examine common risk indicators and provide custom feedback to help you maintain a healthy smile. **Note:** This oral health risk assessment is not part of the Health Assessment Tool through Anthem.

For more information on oral health resources and information, visit www.nedelta.com



Local Government Center

Understanding Your Health—This workshop will review the problem of increasing health care costs and introduce the concepts of Medical Consumerism and Medical Self-Care. Tips to cost containment strategies will be made available to assist you and your family members.

To schedule this Workshop, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-852-3358 ext: 208 or e-mail wbyron@nhlgc.org

Anthem

Anthem 360° Health Program—360° Health is a total health solution that helps members become more informed about, and involved in, their health and wellness. 360° Health puts everything members need to get healthier and stay that way, or live as healthy as possible with illness, all in one place. By providing a total health solution, members have a powerful combination of targeted programs, services and one-on-one professional support to help them adopt healthier behaviors that last. To learn how our integrated programs and services surround members with the help they need to live healthier lives, attend this workshop.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at 603-695-7559 or e-mail lisa.marzoli@anthem.com

Wellness Humor

"Be careful about reading health books, you may die of a misprint"
-Mark Twain

"The secret of staying young is to live honestly, eat slowly and lie about your age"
-Lucille Ball





Wellness Program Update

Winter Activity Promotion at Work—Thank you for participating in October's Walk NH Program and congratulations to those who succeeded in reaching their goal of walking the width or length of New Hampshire. If you haven't reached your goal yet, please do not hesitate to send in your participant recognition form when you do reach your goal. With the walking conditions in winter not being the greatest, consider participating in the *Stairway to the Mountains Program*. Visit http://admin.state.nh.us/wellness/Wellness_WalkRoutes.html or call 271-4103 for complete details on the Walk NH and Stairway to the Mountains programs.

Looking Ahead to 2012—The Health Benefit Committee has developed eight strategic goals for wellness activities and efforts to address in 2012. These eight goals were developed based on collectively bargained items, employee needs and interests, leading causes of illness, and national recommendations for worksite wellness programs. The eight strategic goals focus on health education and training, diabetes management, tobacco cessation, unhealthy weight, stress, evaluating health and wellness indicators, leadership wellness role modeling, preventive health screening and immunization.

Regular, timely check ups may help prevent, detect and/or treat a health condition before it becomes a bigger problem



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State Health Benefit Program Spotlight

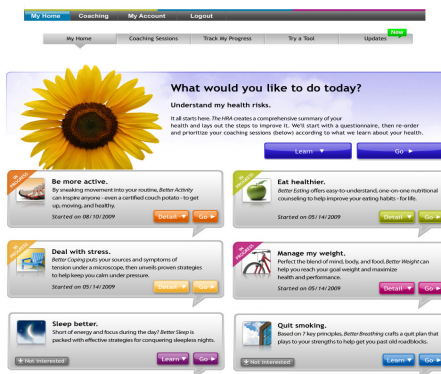
Preventive Care—The Health Benefit Program covers 100% of the cost of preventive care including immunization, health screenings, routine physical exam, well baby and OB/GYN care. It is important to get an annual well-person exam (physical) each year, even if you feel healthy. At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, physical activity, injury prevention, misuse of drugs and alcohol, tobacco cessation, second hand smoke, sexual behavior, dental health, mental health), blood pressure, cholesterol, blood glucose and other age/ gender appropriate screenings from your physician.

2012 Health Assessment Tool (HAT) Available on or after January 1st, 2012

Active State employees enrolled in the Health Benefit Program who complete the HAT will receive up to a \$200 Health Reimbursement Arrangement to use toward their co-pays, deductibles and co-insurance in 2012.

If you would like to print your 2011 HAT health summary to help complete your 2012 HAT, you must do so by December 31, 2011.

1. Log in at www.anthem.com
2. Select the Better Health icon on the purple health and wellness tab
3. Click "Go" in the box with the sunflower
4. Select "Go to my Health Summary"
5. Select "Print my Health Summary" in the top right section of the page



Talking to Your Doctor

Does your doctor know something you don't?

A doctor visit has two benefits:

- It gives your doctor a chance to ask questions about your health. This always happens.
- It gives **you** a chance to ask questions of your **own**. This may not happen enough.

The average office visit lasts about 15 minutes. If you don't ask about your health, the visit could be a wasted opportunity.

A few minutes of solid Q&A with your doctor can prevent some real problems. Don't be afraid to ask the tough questions.

10 questions to ask your doctor

1. What's my blood sugar level and what does it mean?
2. What's my blood pressure and how can I control it?
3. What do my cholesterol numbers mean?
4. Are my Body Mass Index (BMI), waist measurements and weight at healthy levels?
5. Can you recommend a check-up and screening schedule for my age?
6. Which exercise or diet options would be especially good for me?
7. If you recommend a test or treatment, what is it for and are there other options?
8. Knowing my family history and risk factors, how can I lower my disease risk?
9. Have any tips for reducing stress?
10. What are the interactions, side effects and dose schedule for this medication?

Sources:

*Ask the Doctor" checklist (WebMD): http://www.webmd.com/hw/health_guide_aloz/hw147461.asp

Talking to your doctor (National Institutes of Health):

<http://www.nel.nih.gov/health/talktodoc.asp>

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

Anthem  

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